



COVENANT SCHOOLS DEL NORTE AUGUST MENU 2022



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	1	2	3	4	5
Breakfast	Pancakes, Fruit & Milk	Yogurt w/ Granola & Milk	Oatmeal & Milk	Biscuits w/ Jelly & Milk	Breakfast Casserole & Milk
AM Snack	Animal Crackers & Milk	Oranges & Pretzels	Hummus & Carrot Sticks	Fig Newtons	Applesauce & Crackers
Lunch	Tuna Casserole, Fruit & Milk	Taco Salad, Tortillas, Fruit & Milk	Corn Dogs, Broccoli, Fruit & Milk	Beef Stew, Crackers, Fruit & Milk	BBQ Sandwiches, Salad, Fruit & Milk
PM Snack	Trail Mix & Juice	Ice Cream Sandwich	Watermelon & Grahams	Chocolate Chip Cookies & Milk	Goldfish & Fruit Punch
Week 2	8	9	10	11	12
Breakfast	Toast w/ Jelly & Milk	Cereal & Milk	Oatmeal, Fruit & Milk	Yogurt, Fruit & Milk	Breakfast Burritos & Milk
AM Snack	Chex Mix	Cheese Toast	Fruit & Crackers	Animal Crackers & Milk	Fruit Cocktail
Lunch	Chicken Nuggets, Carrots, Fruit & Milk	Penne Pasta, Breadsticks, Fruit & Milk	Chicken Patties, Mashed Potatoes, Fruit & Milk	Quesadillas, Cucumbers, Fruit & Milk	Cheese Pizza, Fruit & Milk
PM Snack	Muffins & Milk	Bell Peppers & Ranch	Pretzels & Pears	Carrots & Ranch	Rice Krispy
Week 3	15	16	17	18	19
Breakfast	Tortilla, Sausage & Milk	Cinnamon Toast & Milk	Cream of Wheat & Milk	Cereal & Milk	Blueberry Muffins & Milk
AM Snack	Pineapple & Crackers	Bananas & Vanilla Wafers	Fruit Leathers	Yogurt & Grahams	Pretzels & Bananas
Lunch	Chef Salad, Crackers, Fruit & Milk	Grilled Cheese, Chips, Fruit & Milk	Ranch Beans, Cornbread, Fruit & Milk	Chicken Tenders, BBQ Beans, Fruit & Milk	Baked Mac n Cheese, Green Beans, Fruit & Milk
PM Snack	Pita Chips & Dip	Oranges & Grahams	Cheez It	Fruit Salad	Cantaloupe & Saltines
Week 4	22	23	24	25	26
Breakfast	French Toast & Milk	Yogurt w/ Granola & Milk	Waffles & Milk	Hashbrowns & Milk	Cereal, Fruit & Milk
AM Snack	Cheerios & Peaches	Chex mix	Animal Crackers & Milk	Muffins & Milk	Applesauce & Grahams
Lunch	Red Beans & Rice, Carrots, Fruit & Milk	Spaghetti, Salad, Fruit & Milk	Ham Roll Ups, Chips, Fruit & Milk	Bean & Cheese Burritos, Salad, Fruit & Milk	Tater Tot Casserole, Fruit & Milk
PM Snack	Granola Bars	String Cheese & Pretzels	Pudding & Grahams	Chips & Salsa	Pretzels & Juice
Week 5	29	30	31		
Breakfast	Pancakes & Milk	Cereal, Fruit & Milk	Burritos & Milk	Highlighted Items	
AM Snack	Cheese & Crackers	Dried Apples	Strawberries & Pretzels	Are In	
Lunch	Fish Sticks, Broccoli, Fruit & Milk	Frito Pie, Fruit & Milk	Minestrone Soup, Crackers, Fruit & Milk	Celebration Of	
PM Snack	Mandarin Oranges & Saltines	Cucumbers & Ranch	Trail Mix & Juice	National Days	